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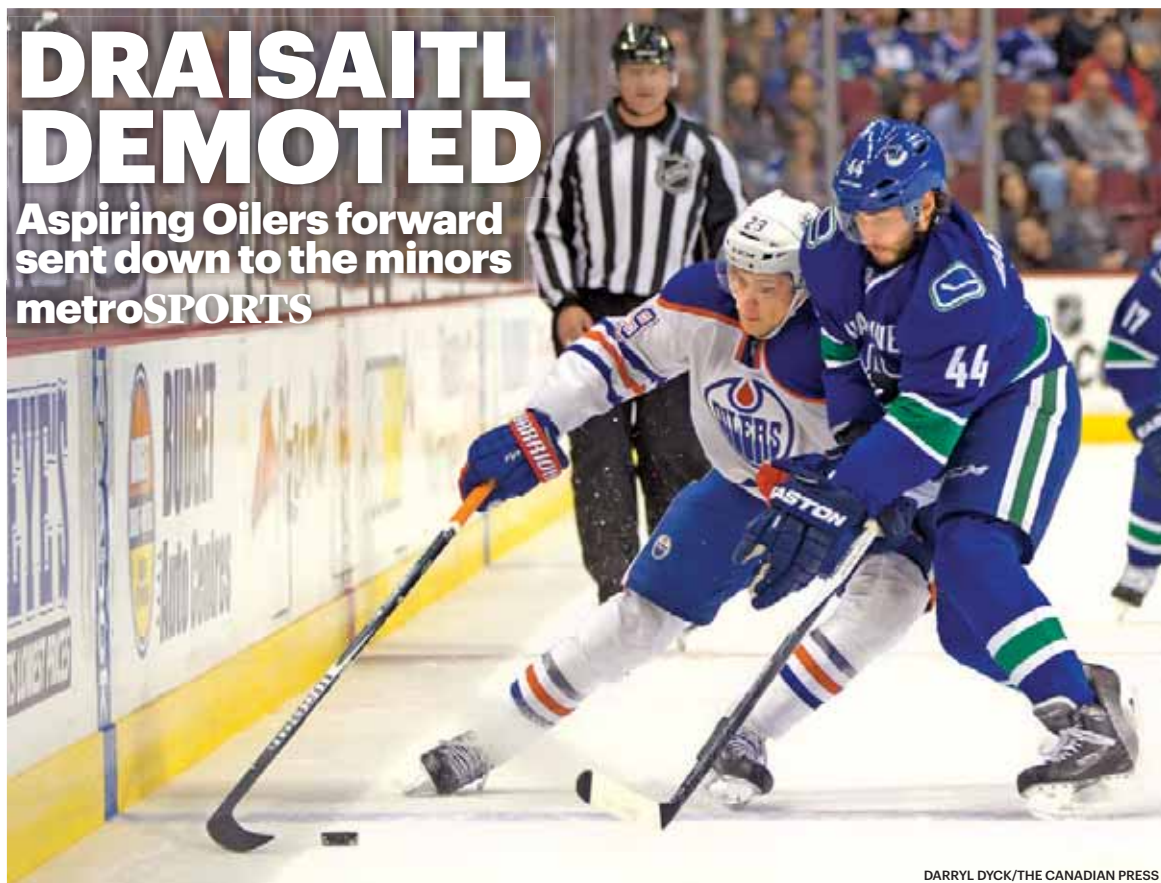
Your essential daily news | TUESDAY, OCTOBER 6, 2015

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DARRYL DYCK/THE CANADIAN PRESS

'The point is to get students to the polls'

ELECTION 2015

Effort hopes to improve on 2011 youth voter turnout



Braeden Jones
Metro | Edmonton

As some Edmonton students cast their ballots in special advanced campus polls this week, about 6,000 from MacEwan University and the University of Alberta have already "pledged" their vote.

The pledges are part of the Canadian Alliance of Student Associations (CASA) "Get Out the Vote" campaign, in which students from 22 universities register to vote and access information about how to vote.

"The point is to get students to the polls," said Dylan Hanwell,

CASA director of advocacy, who added the fringe benefit is added clout for CASA's future lobbying.

In the 2011 federal election, just 38.8 per cent of eligible voters aged 18 to 24 cast a ballot.

Hanwell said he hopes the campaign gets more students to vote, which arms the student-group organization with "a hard number of how many students were mobilized to combat that narrative of youth not voting."

Danika McConnell, vice-president external with the MacEwan Student Association, said feedback from students on her campus, 2,500 of whom have made the pledge, is that it "helps them feel like their one vote is part of many other votes."

"If you look at how elections commonly go, we're not always focused on as a demographic," she said. "So we want to make sure their voices get out there ... that the student demographic gets recognized."



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TRANSIT

Iveson asking for answers on LRT cash



Ryan Tumilty
Metro | Edmonton

Mayor Don Iveson again called out the federal government Monday for the imbalanced LRT funding between Edmonton and other cities and said he hoped federal parties would commit to fixing the issue.

The city is receiving \$400 million from federal coffers for the Valley Line, just shy of a quarter of the overall budget, while under a new program the Conservatives announced this spring other cities are receiving a third for their projects.

"Ottawa got a third, Toronto got a third and Calgary got a third," said Iveson, clearly frustrated. "This is just vexatious."

Iveson expressed his frustra-

tions to the government in July and said MPs have told him they will look at the issue.

"I was told it would be taken under consideration, but we couldn't be given an answer before the election."

Bringing the federal contribution up to a third would save the city \$133 million.

The provincial government also contributed \$400 million to the project and offered up a \$200 million interest-free loan. Iveson said the province's share of the funding could climb however, because he has strong indications the loan could become a grant.

Aaron Manton, press secretary to the provincial minister of transportation, acknowledged that was under consideration, but said no decision had been made.

"We don't have a formal announcement yet, so stay tuned."

NDP

Provincial budget date set for October

Alberta's first NDP budget will be delivered on Oct. 27 and the finance minister is promising it will protect public services.

Finance Minister Joe Ceci announced the budget date and said the new fiscal plan wouldn't make deep cuts to public services.

"Now is not the time to make things worse with knee jerk reactions," he said. "Deep cuts to our hospitals and schools will only make a bad situation worse."

Ceci said the budget would also a deficit of no more than

\$6.5 billion and there would be a plan to return the province to balance.

He said the budget would also be a boost to the struggling economy by supporting new businesses and investing in the province's infrastructure.

"The 2015 budget will start Alberta down a new pathway," he said.

"It will address the economic stress that Albertans are under at this point."

RYAN TUMILTY/METRO

Transit-oriented project taking shape

STADIUM STATION

City to hold open house on rezoning the area



Braeden Jones
Metro | Edmonton

The foundation for a new transit-oriented development (TOD) around the Stadium LRT Station is being laid this week as city council discussed Monday what it hopes will be one of the city's next "main streets."

Councillors talked about a cost-sharing agreement for the proposed new street that aims to create a "walkable" gateway from the stadium area to Jasper Avenue and the river valley.

"A key to the Stadium Station TOD is making a new connection from one side (of the Capital Line LRT track) to the other," said senior planner Erik Backstrom.

Council has already allocated \$14.1 million dollars towards the project, but the developer, Brookfield Residential, is also expected to contribute.

The city is working out details with them on the cost-sharing plan discussed Monday.

Councillors also directed administration to work with Brookfield on planning an at-grade pedestrian rail crossing to the Stadium Station platform.



A mock-up of what the transit-oriented development could look like on a pedestrian-friendly connection from the stadium area to the river valley. Final designs have not been completed.

COURTESY CITY OF EDMONTON

On Thursday, the city will hold an open house to discuss rezoning the area as well.

Backstrom says will get the area's zoning "in line with the city's vision" for pedestrian-friendly commercial and public space.

Backstrom anticipates the cost-sharing and rezoning will be in place by the end of November, and "hopefully some

infrastructure can start to be built next year."

The first building in the area could go up as early as 2016.

Backstrom said the area would include public plazas at either end of the street, near the stadium at one end and 84 Street at the other.

"These places will be for people to enjoy and use getting to or off the train, have a

coffee, hang out — that's part of the scheme as well," he said.

He also said the development is one of many planned around the city's "existing and future LRT stations."

The city's Blatchford development has the "Metro Line right on its front door step," and the planned TOD at Millwoods Town Centre is "where the Valley Line will terminate."

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IN BRIEF

RCMP charge man after homemade bomb found
RCMP in southern Alberta have charged a man with making a homemade explosive device.

Mounties say a resident in Airdrie found a suspicious looking jar last Friday among some belongings left behind in a rental property.

The person had moved several of the items to their own home when the jar was spotted in an ammunition container.

Officers evacuated several homes in the neighbourhood and safely destroyed the device.

Kristopher Goyman of Airdrie has been charged with making an explosive device with intent to endanger life or cause serious property damage.

The 24-year-old is to appear in Airdrie provincial court on Oct. 22.

THE CANADIAN PRESS

Polls show Liberal gains in Edmonton

New poll numbers show Edmonton may be set to turn a little Liberal red in the coming election, but will mostly stick to Tory Blue.

The Conservatives have 34 per cent of the vote in Edmonton, according to a poll conducted by Mainstreet research on Oct. 1. The Liberals have 26 per cent of the vote and the NDP are at 21 per cent. The Green Party has eight per cent and 11 per cent of local voters are undecided.

"The Liberal Party of Canada has not held a seat in Alberta since the 2006 election when the Conservatives came to office," said Quito Maggi, Mainstreet's president. "That shutout in Alberta appears to be ending with Liberals poised to elect a number of MPs... in both Edmonton and Calgary." METRO



Acting Chief Brian Simpson said an increase in city crime is a result of the economy, and no specific community is to blame for it. ANDREA ROSS/METRO

Bump in crime not Fort Mac's fault: EPS

OILFIELD

Problem is the economy, not the workers, police say



Andrea Ross
Metro | Edmonton

Careful not to place undue blame on their northern neighbours, Edmonton police clarified earlier comments linking job loss as a result of the cost of oil to an increase in city crime on Monday.

"It's not about the oilfield workers, it's about the oil econ-

omy," Acting Chief Brian Simpson said. "It's not linked to oil prices, it's linked to the changing economy we've experienced in Alberta."

Simpson referred to controversial comments from Chief Rod Knecht last week, in which he said some of the city's crime could be linked to displaced workers coming from Fort McMurray to Edmonton for work.

"It's a cross section of people from all aspects of life, not a specific group over another," he said. "It's an Alberta reality because of our economy."

In an emailed statement Monday, Knecht said his comments aren't an "exercise in finger pointing," but said unemploy-

9,500

The Edmonton Police Service has seen a 12 per cent increase in violence, an 18 per cent increase in property crime and have received almost 9,500 more calls for service so far compared to last year.

ment can lead to desperation and ensuing criminal activity. The parallel between increased calls for service and the drop in prices of oil isn't unique to Edmonton, he added.

Last week, Wood Buffalo May-

or Melissa Blake said Knecht's comments painted an unfair picture of northern communities.

On Monday, she said she is "pleased" with Simpson's clarification of the causes of crime during the economic downturn.

She said crime in Fort McMurray has actually gone down over the past five years.

"Times are certainly challenging here," Blake said. "You're more likely to see people going into foreclosures than you are to see them going and committing robbery."

The bottom line is about working effectively with policing services between my community and the community of Edmonton."

RESTRICTIONS

Liquor store rules could ease

It could become a little easier to buy a bottle of wine in suburban Edmonton, as city councillors warmed up to easing restrictions on where liquor stores can operate.

Current rules prevent liquor stores from operating within 500 metres of another store, which was designed to prevent an over-concentration of stores in central communities but extends to suburban areas where stores tend to be clustered in big-box developments.

Kara Smyth, a lawyer representing Costco, said the current restrictions stood in the way of new stores even when Costco is the one opening them up.

"If Costco is putting a liquor store there than someone is prevented from putting a wine store way at the other end of the site," she told councillors.

Coun. Scott McKeen said he believes some easing of the restrictions can be done responsibly.

"If you have just bought your groceries and you have to cross six lanes to pick up a bottle of wine then there probably is an issue of just pure convenience that we probably should address."

THE CANADIAN PRESS

“

It becomes a slippery slope to who can sell the liquor the cheapest and we are seeing that already in big-box stores.

Ivonne Martinez, president of the Alberta Liquor Store Association

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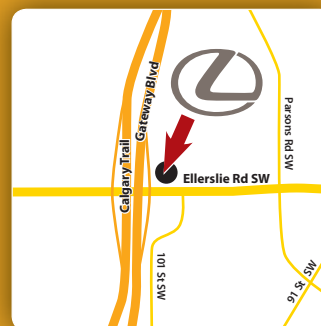
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A book club that extends city-wide

READING CHALLENGE

Participants encouraged to engage in digital perks



Andrea Ross
Metro | Edmonton

A love story penned by a local author is the first novel slated for Edmonton's first city-wide book club.

The Edmonton Public Library (EPL) will release unlimited free digital copies of Emma Hooper's *Etta and Otto and Russell and James* on Tuesday as the first pick of the One Book One Edmonton reading challenge.

The first of its kind in Canada, the goal of the book club is to spark discussion among city readers.

"Our goal is to have people connecting and talking about

this book online, in person and in the library," EPL's Idylwyld Branch Manager Caroline Land said. "It's providing people a way to take part in the experience of reading a book together."

Participants in the six-week program can download the book for free from the library's website to read on their phones, tablets or computers. Each section of the book will be available for one week before vanishing.

Readers are encouraged to participate in weekly missions, challenges and discussion of the book in the library and online.

EPL's book club is based on a similar program that saw success in Chicago earlier this year.

"We're going to see how this experience goes," Land said. "We talked with them and are looking forward to trying some new things."

Hooper's novel — a story set in the beautiful Canadian landscape about love and youth in a war-time era — was chosen for its ties to Edmonton, Land said. Author Emma Hooper currently lives in London, but grew up in Edmonton.

"When we read through it, there was a lot in the book that would appeal to people from different ages, backgrounds and experiences," Land said. "We thought that would lead to a lot of really great conversations."

“Our goal is to have people connecting and talking about this book online, in person and in the library.”

Caroline Land



A novel from Edmonton author Emma Hooper is EPL's first pick for the six-week program, enabling readers to engage in weekly missions, challenges and discussions online.

CONTRIBUTED

SMART HOME

Telus to invest \$1 billion in fibre optic network

Telus is promoting its upcoming fibre optic network as part of a smart home, but people who work in the industry say today's technology doesn't need the new fibre optic cables.

Mark Lamoureux, CEO of True Home Cinema, an Edmonton company that installs smart home technology, said that "current smart technology like lighting and temperature control, audio/video, and security are available without fibre optics."

However, fibre optics will enable homeowners to install devices that use more bandwidth than most homes currently have.

Telus is investing \$1 billion in Edmonton to prepare for that increased connectivity.

Andy Balser, Director of Marketing for Telus, says the biggest advantage of fibre optics will be the ability to "take advantage of future innovations that will be bandwidth intensive ... such as ultra-high definition televisions."

RHONDA KRONYK/FOR METRO

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Youth hold 'lot more power' to tip the scales



ROSEMARY WESTWOOD
in Halifax

Sasha Sears is in a dilemma.

Her riding, Halifax, features an NDP incumbent, Megan Leslie, who "has done a really great job of being super integrated into the community. They're about the people; that's how I feel about the NDP."

But nationally, it's Justin Trudeau who seems the most compelling. He's "young, he has a young family, he's talking about really progressive issues, like legalizing marijuana, that a younger demographic gets and understands and feels is relevant to our life now-days."

Sears still views the NDP as tied to the interests of unions, which she says don't have much relevance to her life.

"The party hasn't really had an opportunity to prove themselves," she adds. "They're still finding their footing." And while the NDP is appealing to many young people, she's not sure if its young candidates have the experience to be successful if elected.

So, should Sears vote for a local candidate she likes or an appealing federal platform?

So far, even though she's a traditional Liberal voter, she's unsure. But she won't be voting Conservative: "I just have no time for that party whatsoever."

Sears, 30, works for a business-development organization in Halifax. She helps young people build professional networks to find meaningful work, and so she has a front-row seat to watch university graduates try — and struggle — to get a good job.

"What are the parties planning on doing to help youth in particular?" she asks. "(The) youth unemployment rate is double the national average. The cost of post-secondary education is through the roof for Nova Scotia," she says. "Just being saddled with so much debt and not having the promise of a bright future is something I'm worried about and my vote will reflect."

Sears also recently bought her first house while still paying off student loans herself. So the Green party's promise to relieve student debt is

enticing. But there's a but.

"It sounds almost too good to be true," she says. "I'm a little skeptical. It's wonderful they want to do that and promote that as one of their platform promises, but when it comes down to action around it, what does that look like? How is that going to happen? How are universities going to function if there's no tuition?"

Sears hasn't felt inundated by political messaging ("As a millennial, I don't have cable in my home, I don't see the attack ads") — but she is concerned that her compatriots aren't getting the message that they need to vote.

"I think we're at a tipping point in our history based on our previous leader and the party in power and what is to come," she says.

"I just really feel this election holds great importance. I think we have a lot more power than people think we do. If we were to all go out and vote, it would really change the political landscape."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Winnipeg tomorrow.



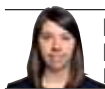
VOTER PROFILE

Name: Sasha Sears **Age:** 30 **Riding:** Halifax
Her issues: Youth employment and tuition reform

Mock election makes the abstract real for teenagers

STUDENT VOTE

Program aims to inspire political awareness



Haley Ryan
Metro | Halifax

When Keshav Paliwal votes for a federal candidate next week, it won't count — and he couldn't be happier about it.

Paliwal, organizer of Prince Andrew High School's Student Vote event — one of more than 7,300 mock elections being held across Canada before the official count Oct. 19 — said now is the time to get teens thinking about politics.

"I can't vote until January when I'm 18, but if we engage ourselves now and we engage

our peers before they can vote, chances are, over time, once they can ... they will," Paliwal, 17, said Monday.

As part of the Student Vote program run by the non-partisan Civix group, the Dartmouth, N.S., school will see all four federal candidates in its riding pitch their platforms to students before taking questions. Also appearing: provincial MLAs, Halifax Mayor Mike Savage — and musician Joel Plaskett, for extra attention.

Students will then drop ballots off in a mock vote, the results of which are often "very close" to election day, said political-science teacher Tim Halman.

"For many people, politics is something that happens on television and it's something that's abstract," Halman said.

"It's going to go from the abstract to the real."

According to Elections Can-



From left: students Keshav Paliwal, Robyn Laing and Matthew LeBlanc, all 17, pose with ballot boxes in Prince Andrew High School on Monday. HALEY RYAN/METRO

ada, only 39 per cent of the 18- to 24-year-old demographic voted in the last election, and the National Youth Survey Report showed "not interested in voting" came in as the biggest reason (28 per cent).

The survey said someone's likelihood of voting "increases with higher levels of knowledge and interest in politics" and that civic education, as well as talking with family and friends, can increase "the

motivation to vote."

"If you don't understand something, you're not going to interact with it; you tend to ignore it," Halman said.

NDP candidate Robert Chisholm said it's important for him to attend to emphasize voting as a responsibility.

"It's important for them to hear from people that are either engaged in the process or in some way leaders," Chisholm said.

"Maybe something will connect, something will instill a sense of desire for more knowledge."

According to Apathy is Boring, a non-partisan group aimed at youth, those who don't vote in the first two elections in which they're eligible are less likely to vote through their lives.

Robyn Laing and Matthew LeBlanc, who will also be on stage hosting the Student Vote event next Tuesday with Paliwal, said they hope the message of engagement means more coming from them.

"If a teacher gets up, it just sounds like another class," LeBlanc said as Paliwal nodded.

Paliwal said he's hoping to hear questions on federal issues such as the Syrian refu-

gee crisis, environment and economy.

"A democracy is only as strong as the people that are engaged in it," Paliwal said.

"If people are aware ... then the government's going to be making the choices we want made, and that's what it's about — it's about us."

Laing said that before Halman asked her to help with the project, she had never thought about politics or knew what the prime minister did.

"I tried to get my mom involved because she isn't into politics at all, so I got her voting," Laing said with a smile.

"She's like, 'What are you talking about?' and I'm like, 'Just sit there and listen so I can have someone to talk to about it.' It's interesting."

563,000

Number of ballots cast in the 2011 Student Vote



I'd like to be involved in who's making the decisions for Canada.

Robyn Laing



We have to show that we want things to be about us.

Keshav Paliwal

'Historic day' for Harper

ELECTION 2015

TPP trade deal announcement evokes scrutiny from opposition

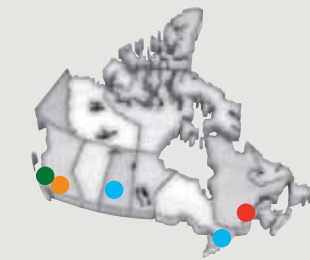
Stephen Harper's blockbuster trade deal upstaged Justin Trudeau's students and the stage and screen stars backstopping Tom Mulcair on Monday as the three main parties began their two-week sprint to the ballot box.

Mulcair, the NDP leader, had a stage full of television, music and film personalities — it even included a performance by the folk duo Whitehorse — all lined up for his announcement about helping artists.

Trudeau was all set to unveil a high-gloss campaign platform, a popular Liberal strategy, in front of a crowd of earnest university students eager to cheer his plan of expanded grants and easier loan repayment terms.

But the Pacific Rim depth charge known as the Trans-Pac-

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Whitby, Ont., and Saskatoon, Sask.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Surrey, B.C.
- **Elizabeth May** will be in Vancouver.

ic Partnership blew them both out of the water.

"Today is a historic day," a prime ministerial Harper beamed during a news conference in Ottawa as he described the deal as nothing short of "the largest economic partnership in the history of the world."

Not everyone is enamoured of the deal: Held up by Harper as a model for future 21st-century trade agreements, Mulcair is committed to tearing it to pieces.

"I will not be bound by Stephen Harper's secret deals,"

he said.

A New Democrat government would provide \$60 million over four years to Telefilm Canada and the National Film Board, and loosen rules to secure grants from the Canada Council for the Arts, Mulcair promised instead.

Trudeau, unveiling the Liberal platform at Wilfrid Laurier University in Waterloo, Ont., parked his vote on the TPP until all the details are clear.

THE CANADIAN PRESS

SEE PAGE 12 FOR MORE ON THE DEAL



Conservative Leader Stephen Harper upstaged the other party leaders on Monday with what he claims to be "the largest economic partnership in the history of the world."

NATHAN DENETTE/THE CANADIAN PRESS

REPORT

Digital creativity thriving: Social media expert

Canadians are using a multitude of social media platforms to explore and expand expression, according to an expert, who says we're more digitally creative than ever before.

Social media has always been about communication, but it hasn't always been about content creation, said Sidneyyeve Matrix, a media professor at Ontario's Queen's University.

"That's new. We're using our phones to actually create original content for self-expression, for brand affiliations, to connect and communicate with people we care about," said Matrix in a recent phone interview.

Matrix was responding to a set of CBC research reports that looked at social media sites other than Facebook: Twitter, Instagram, Pinterest, Snapchat and Reddit.

The results showed high numbers of people sharing content across all five platforms. THE CANADIAN PRESS

THUNDER BAY

Inquest into deaths underway

A long-awaited inquest into the deaths of seven aboriginal youths who moved from their remote reserves in northern Ontario to go to high school in Thunder Bay, Ont., opened Monday following a sunrise ceremony.

In an opening statement to the jury, presiding coroner Dr. David Eden warned of a difficult road ahead.

"We are starting on a long pathway," Eden said. "During that time as we go through this pathway, there will be differences. It's our job to manage those differences with wisdom, not with anger."

The inquest, expected to last until next spring and hear from about 200 witnesses, is probing the deaths of Jethro Anderson,

15, Curran Strang, 18, Robyn Harper, 19, Paul Panacheese, 21, Reggie Bushie, 15, Kyle Morrisseau, 17 and Jordan Wabasse, also 15.

All died between 2000 and 2011 while, as Eden put it, trying to advance their lives and the well-being of their communities through education.

THE CANADIAN PRESS

COURT OF APPEAL

Feds lose bid on hold request

A new court ruling means a devout Muslim woman who chooses to cover her face now has a chance to become a Canadian and vote in the Oct. 19 federal election.

The Federal Court of Appeal on Monday rejected a government request to put a recent decision in favour of Zunera Ishaq on hold while Ottawa seeks a

hearing in the Supreme Court of Canada.

Appeal Justice Johanne Trudel dismissed the government's application for a stay of a Sept. 15 decision that affirmed the unlawfulness of a federal rule prohibiting a niqab at a citizenship ceremony.

Ishaq, 29, came to Ontario from Pakistan in 2008. She re-

fused to take part in a citizenship ceremony because she would have to show her face due to a December 2011 policy requiring candidates who wear full or partial face coverings to remove them during recitation of the oath.

On Monday, Trudel said she could not agree to the federal request for a stay. THE CANADIAN PRESS

RICK MERCER REPORT

TONIGHT

Rick kicks off a new season by taking part in the *Get Out the Vote* rally at St. Francis Xavier University in Antigonish, Nova Scotia.

#rickmercerreport

NEW SEASON BEGINS

TONIGHT 8

8:30 NT

Nobel in their effort

MEDICINE

Three win for fight against parasite-borne illnesses

The Nobel prize in medicine went Monday to three scientists hailed as “heroes in the truest sense of the word” for saving millions of lives with the creation of the world’s leading malaria-fighting drug and another that has nearly wiped out two devastating tropical diseases.

Tu Youyou — the first-ever Chinese medicine laureate — turned to ancient texts to produce artemisinin, a drug that is now the top treatment for malaria. Inspired by traditional Chinese medicine, Tu discovered while working on a project for the Chinese military during the Cultural Revolution that a compound from the worm-wood plant was highly effective against the malaria parasite.

She will share the eight-million Swedish kronor (about \$960,000 US) award with Japanese microbiologist Satoshi



Jan Andersson, Juleen Zierath and Hans Forssberg, of the Karolinska Institute Nobel committee, talk to media in Stockholm on Monday. FREDRIK SANDBERG/TT VIA THE ASSOCIATED PRESS

Omura and William Campbell, an Irish-born U.S. scientist.

Omura and Campbell created the drug avermectin, whose derivatives have nearly rid the planet of river blindness and lymphatic filariasis, diseases caused by parasitic worms and spread by mosquitos and flies.

In Stockholm, the Nobel committee said the winners, who are all in their 80s and made their breakthroughs in the 1970s and '80s, had given humankind powerful tools: “The consequences in terms of improved human health and reduced suffering are immeasurable.”

The medicine award was the first Nobel Prize announced. Winners of the physics, chemistry and peace prizes are set to be announced later this week. The economics prize will be announced next Monday. No date has been set yet for the literature prize. THE ASSOCIATED PRESS

SPACE

NASA looks to Navy for tips on isolation

As NASA contemplates a manned voyage to Mars and the effects missions deeper into space could have on astronauts, it's tapping research from another outfit with experience sending people to the deep: the U.S. Navy submarine force.

The space agency is working with a military laboratory at the submarine base in Groton, Conn., to measure how teams cope with stress during month-long simulations of space flight.

Often isolated for long stretches, astronauts and submariners face many of the same challenges.

“We have a shared interest with the Navy in team resilience,” said Brandon Vessey, a scientist with NASA’s human research program. “When you stick people together for a long period of time, how are they going to do?”

The Navy research that piqued NASA’s interest started about five years ago when the Groton-based Naval Submarine Medical Research Laboratory, at the request of the submarine force, began examining ways to make tactical teams work

“

You can't just call back to Earth for advice.

Former submarine commander Ronald Steed

together better.

Through observation of submarine crews, the Navy scientists developed a way to evaluate how teams are performing. The study singled out important team practices including dialogue, critical thinking and decision-making and developed a way to assess how teams respond to setbacks. The research was made available more than a year ago to submarines’ commanding officers but it has not yet been institutionalized by the Navy.

The experiment with NASA is expected to begin in January or February. The space agency is taking a bigger interest in human-behaviour issues as it pursues the capability to send humans to an asteroid by 2025 and to Mars in the 2030s.

THE ASSOCIATED PRESS

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Clinton makes appeal for tougher firearm controls

U.S. CAMPAIGN

Rolls out set of proposals to tighten rules on buyers, sellers

Presidential candidate Hillary Rodham Clinton offered an emotional plea Monday for tougher gun-control laws in the wake of a deadly university shooting, decrying the "extremism" that she said has come to characterize the debate over U.S. gun laws.

Clinton, the front-runner for the 2016 Democratic presidential nomination, vowed to tighten regulations on firearm buyers and sellers with a combination of congressional and executive action.

Jumping into one of the most divisive issues in U.S. politics, Clinton has made strengthening gun laws a centerpiece of her presidential campaign follow-

ing a series of mass shootings in the past few months. The latest shooting left nine people dead at a university in the northwestern state of Oregon on Thursday.

During an appearance at a campaign town hall, Clinton veered between sadness and anger, accusing her Republican opponents of "surrender" to a difficult political problem.

"This epidemic of gun violence knows no boundaries, knows no limits of any kind," she told the crowd of several hundred. "How many people have to die before we actually act, before we come together as a nation? It's time for us to say we're better than this."

Clinton was joined by the mother of a six-year-old victim of the 2012 school shooting in Newtown, Conn. After that shooting, which killed 20 children and six educators, President Barack Obama tried and failed to push legislation through Congress that would have tightened background



The university shooting in the northwestern state of Oregon on Thursday has prompted presidential candidate Hillary Clinton to pitch the expansion of background-check requirements when purchasing guns. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

checks for firearms purchasers.

Clinton said there was little "new" and "nothing unique" about her plans — aside from her determination to take action.

Her campaign rolled out a

robust set of proposals Monday, including using executive action as president to expand background-check requirements. Under current federal law, such checks are not required for sales made at gun shows or over the

Internet.

Clinton also proposed repealing legislation that shields gun manufacturers, distributors and dealers from most liability suits, including in cases of mass shootings. THE ASSOCIATED PRESS

NEW MEXICO

Student uncovers ancient fossils

Fossils uncovered by a University of Nebraska-Lincoln student in New Mexico have led to the discovery of a new genus and rodent-like species.

The Lincoln Journal Star reports the fossils were found in May 2014 by then-sophomore Carissa Raymond in New Mexico's San Juan Basin during her first fossil hunt. She saw a row of small black teeth coming out of the ground.

"I knew it was different and big and had very interesting teeth," Raymond said. "But I couldn't have told you it was something new."

Raymond blanketed the fossilized jawbones and a partial skull roof in toilet paper and took them to Thomas Williamson, curator at the New Mexico Museum of Natural History and Science.

The new species, named *Kimbetopsalis simmonsae*, was alive roughly 65 million years ago during the Mesozoic and Paleocene eras. THE ASSOCIATED PRESS

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HAWKS RIDGE
AT BIG LAKE

Toxic haze leads schools to close

MALAYSIA
Air pollutant index was in the hazardous range Sunday

Malaysia on Monday shut most schools nationwide for two days to protect children from a thick, noxious haze caused by smoke from burning forests in neighbouring Indonesia.

The haze, which has shrouded parts of Malaysia and Singapore for about a month, also spread to Thailand on Monday, the first time it has reached hazardous levels so far north. It highlights the regional nature of a problem that's being blamed on Indonesia's inability to prevent big plantation companies from burning forests to clear land for new trees.

The air pollutant index hit the hazardous level in Shah Alam, the capital of Malaysia's central Selangor state, and was very unhealthy in many other areas.



A couple wear face masks while walking past a row of Malaysian flags obscured by haze caused by the burning forests in the Sumatra and Borneo islands. JOSHUA PAUL/THE ASSOCIATED PRESS

The Air Pollutant Index in Shah Alam dropped to 95, from 308 early Sunday. A reading of below 50 is good, 51-100 is moderate, 101-200 is unhealthy, 201-300 is very unhealthy and above 300 is hazardous. However, 11 areas, mostly in northern states, were in the unhealthy range, with a station in Penang island recording the worst level of 164.

Deputy Prime Minister Zahid Hamidi said Indonesia's efforts to crack down on the haze sources were not enough.

The forest fires that cause the haze have been an annual occurrence since the late 1990s.

Wijarn Simachaya, director general of Thailand's Pollution Control Department, told The Associated Press that "the situation is getting worse."

"We didn't think it would be bad this year, but it is," he said. "We warn vulnerable people such as children, elderly and people with illnesses not to go to open areas or wear masks when they do." THE ASSOCIATED PRESS

The Holt family from Edmonton saved \$9,000!¹



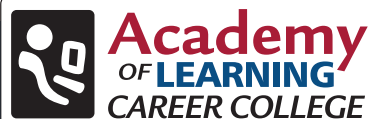
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Biggest trade zone awaits

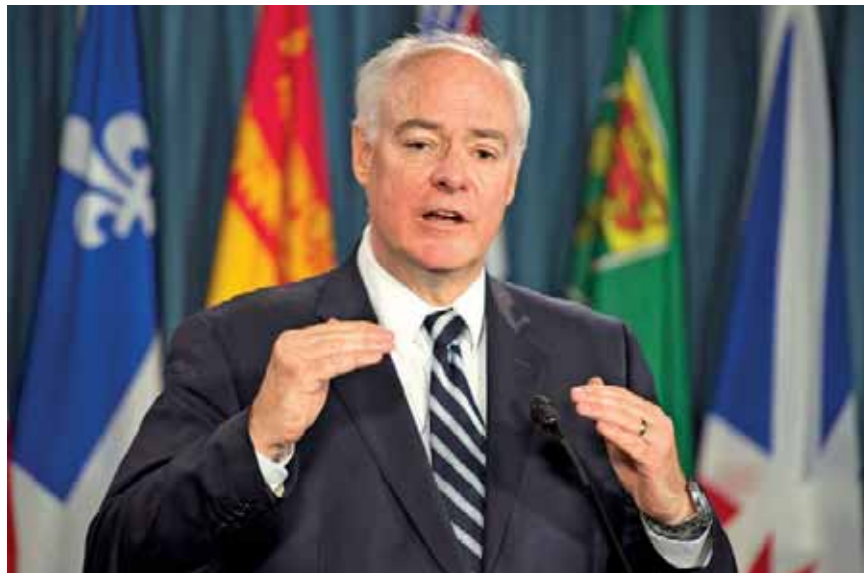
TRANS-PACIFIC PARTNERSHIP

Tentative deal reached after marathon negotiations

Twelve nations, including Canada, have reached a tentative deal on a massive Pacific Rim trading bloc billed as the largest-ever deal of its kind, with implications for a staggering scope of industries, workers and for long-term international relations between countries on four continents.

After five days of marathon, around-the-clock negotiations, a deal was announced Monday to create the Trans-Pacific Partnership, and participants predicted it would become the building block for future trade deals.

Who's in it? Brunei, Chile, New Zealand and Singapore started the project years ago. The United States, Canada, Mexico, Japan, Vietnam, Australia, Peru and Malaysia are now joining, bringing the membership to 12



Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Pacific Rim trading bloc pact at a news conference in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

countries. More have expressed interest in entering later, including Colombia, Thailand and South Korea.

How big is it? It's the big-

gest trade zone in the world, spanning four continents and representing 40 per cent of the world's economy — a far higher share than the European Union.

What does it do? It reduces or eliminates barriers on a staggering array of Canadian exports to several countries, most notably Japan. This applies to everything from machines to

canola, beef and pork, minerals, forestry products and seafood. It allows up to 3.25 per cent more foreign dairy into Canada. It allows more foreign car parts into North America without tariffs. It also creates new rules for the digital economy, such as restricting governments' right to shut off data flows.

Why does it matter? This brings the economies of a fast-developing region into the American sphere of influence. It sets new trade standards in China's backyard. It sets precedents for future agreements, including any involving China and its state-owned enterprises. It increases trade and establishes unique rules for the 21st-century, cloud-computing digital economy.

Is it a done deal? No. It still needs to be ratified in national parliaments, including Canada's, once the federal election is over.

A vote is expected early next year in the U.S. Congress, and it could prove difficult.

THE CANADIAN PRESS

IN BRIEF

American Apparel files for bankruptcy protection

American Apparel is filing for Chapter 11 bankruptcy protection, almost two years after it ousted founder Dov Charney, who is locked in a legal fight and sued the company for defamation.

THE ASSOCIATED PRESS

Greece likely to get more bailout cash, says official

Jeroen Dijsselbloem, the eurozone's top official, says he expects the Greek government to get 2 billion euros worth of bailout cash by the middle of October.

THE ASSOCIATED PRESS

market minute

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DOW JONES: 16,776.43 (+304.06)

TWITTER

Spurned ex-chief returns

Twitter is embracing Jack Dorsey as its CEO in hopes that its once-spurned co-founder can hatch a plan to expand the short-messaging service's audience and end nearly a decade of financial losses.

The hiring revealed Monday ends Twitter's three-month search for a new leader. It marks Dorsey's second stint as CEO since he helped start the company more than nine years ago with Evan Williams, Biz Stone and Noah Glass.

Twitter dumped Dorsey his first time around, but its board of directors is now convinced he can fix the company's problems.

THE ASSOCIATED PRESS

AIR FRANCE LAYOFFS

Managers flee angry workers

Union activists protesting nearly 3,000 proposed layoffs at Air France stormed the headquarters during a meeting in Paris Monday, zeroing in on two managers who had their shirts torn from their bodies, scaled a fence and fled under police protection.

Road access to Charles de Gaulle airport in Paris was briefly disrupted, and some flights suffered delays.

Although Monday's scuffle was unusually violent, labour relations in France are commonly testy, with unions sometimes even resorting to holding managers hostage — or “boss-napping” — to make a point.

Air France denounced the violence and said it will push ahead anyway with its restructuring plans after failing to reach an agreement with pilots.

“The Gulf companies ... receive government subsidies. It's ... not on a level playing field”

Yves Porte

Alexandre de Juniac, the CEO of Air France-KLM, said the company is being squeezed by low-cost airlines in Europe and Gulf carriers for long-haul flights. Monday's meeting was intended to detail the cuts.

Airline executives told reporters Monday the plan involves laying off 2,900 staff and abolishing five routes and 35 week-

ly long-haul flights, primarily in Asia and the Middle East.

Among those at Monday's protest was Yves Porte, an activist who represents cargo workers. “The Gulf companies, who have low fuel prices and who receive government subsidies, compete with us. It's impossible, we are not on a level playing field,” he said.

Deputy human-resources director Xavier Broseta, one of the executives disrobed by protesters, told reporters later that he had received messages of sympathy from colleagues, including from union leaders.

“We are fighting every day for an Air France that will have lasting growth,” he said later, after donning a new jacket and tie. “Violence and intimidation will have no part of that.”

THE ASSOCIATED PRESS

SHOPPING

Retail stores ring in early Christmas

Christmas is still months away, but 'tis already the season for several retailers stocking holiday merchandise — a move that is surprising and ranking some consumers.

Leonard Cloutier tweeted a photo of a curtained-off aisle inside a Canadian Tire store with a Christmas-themed sign stating “Elves at Work.” The date was Sept. 25 — three months before Christmas. “I'd rather they wait till Halloween is done,” said the Toronto resident.

In its defence, Canadian Tire cited consumer demand as the reason it begins selling Christmas merchandise in mid-October (and sometimes sooner).

Walmart Canada already has festive items including Christmas trees and inflatable char-

acters available for sale in-store and online. Christmas decor is also on display at Hudson's Bay Co.'s Queen Street location in downtown Toronto. Costco Canada has been selling Christmas merchandise since July, said spokesman Ron Damiani.

Michael Mulvey, assistant professor of marketing at the University of Ottawa, said it appears retailers are experimenting with extending the Christmas-shopping season.

Marketing analyst Brynn Winegard of Winegard & Company said there's incentive for retailers to try to gain ground after a challenging year, especially with up to 60 per cent of their annual revenue amassed in the last quarter.

THE CANADIAN PRESS



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Wildlife like deer and boar in the no-go zone near Chernobyl are doing better now than before the 1986 disaster. Agriculture, hunting and forestry, researchers say, are worse for animals than radiation.

EMMA TEITEL: ON ELECTION TALK AT THE TABLE

Perhaps Canadians are more inclined to talk politics where they normally wouldn't ... because it's suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper.

Elite Singles — a dating website that sounds like it was designed specifically for Stephen Harper's top staffers — recently tried to determine whether it's taboo to discuss politics on a first date.

In order to do this, the website conducted a survey of 500 single people of different nationalities from around the world. The result was 65 per cent said they'd "be happy to discuss politics on a first date." But more than any other nationality surveyed, Canadians were the least resistant to the idea. According to the study, "not one Canadian single thought political chat should be off the table" on a first date.

This result is refreshing for two reasons. The first is that it helps dispel the popular myth that we are a rigidly non-confrontational people; Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict. The second is that it might suggest our nation's bent towards political apathy — especially among youth — is changing. And it's about time it did.

The Conservatives have been in office for nine years, which, no matter a government's political leaning or record, is an uncomfortably long time. Harper won his first term in 2006, the year Hannah Montana began airing on the Disney Channel, and he won again, most re-

Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict.

cently, in 2011, the year Hannah Montana was cancelled (its leading lady, Miley Cyrus, having embarked on a perilous quest to find herself). In other words, our prime minister has been around so long, he has served through every stage of Cyrus' metamorphosis, from Disney princess to briefly engaged rom-com actress to (most recently)



CHANGING TUNE The mood is different this election, and engagement is greater — for proof, look no further than the rise in earnest protest songs by bands like Hey Rosetta!, which people seem to be taking seriously, writes Emma Teitel.

ARTHUR MOLA / THE ASSOCIATED PRESS

gating dreadlocked weirdo.

Perhaps Canadians are more inclined to talk politics where they normally wouldn't, not because they're more civic-minded than other nationalities but because it has suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper. It's unnerving when the world around you changes but the guy in charge doesn't.

Harper was never popular with non-Conservatives or young people, who tend to reject conservative values no matter who is spouting them. But he wasn't always markedly hated the way he is now. Anecdotal, I have seen my Facebook newsfeed

go from a mostly apolitical forum — cat videos, party invitations, recaps of Breaking Bad — to a stridently partisan and dogmatic one. Friends I know who couldn't tell the difference between Michael Ignatieff and Jack Layton in 2011 are now posting daily tributes to Thomas Mulcair in the lead-up to the federal election.

The mood is different this time around, and there is no stronger proof, I would argue, of newfound Canadian political fervour than the recent uptick in painfully earnest protest songs. In September, Canadian country-rock band Blue Rodeo released *Stealin' All My Dreams*, a staunchly anti-Harper song about, among other things, the government's record on the environment: "Your pipeline will spill its disease/you shut down all the research libraries/and you muzzled all the white coats in your laboratories/then you set your sites on the CBC." And this week Canadian indie bands Hey Rosetta! and Yukon Blonde released the considerably

more mellow anti-Harper ditty, *Land You Love*: "When I was a child/I sang the anthem with pride/it stood for justice, peace and human rights/It stood for the holy rolling hills and a home for all walks of life/and I must again, for my children, and theirs."

As far as traditional protest songs go, neither one is *The Times They Are A-Changin'*, but the songs' popularity (both of them trended on social media alongside news about Selena Gomez, NFL football and Kim Kardashian) indicates they weren't composed in vain. Nor were they the subject of widespread mockery and derision, as so many things are these days.

It seems in addition to politics at the first-date dinner table, we might have developed an appetite for political earnestness, too. The question is: have we developed an appetite for voting? In 2011, less than 40 per cent of eligible 18- to 24-year-olds voted in the federal election, a pretty dismal turnout, even compared to the unexceptional overall average of 61 per cent.

So while we may talk — or sing — up a storm over dinner, the word is still out on who will be serving in the prime minister's office during the next unsettling phase of Miley Cyrus' inevitable metamorphosis.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.



metroview

You can work, pay taxes and drive a car at 16. Why not vote?



Miriam Porter
For Metro

Elections Canada is sorry they missed me. I came home to a brochure in my door saying that as a Canadian citizen at least 18 years old on election day, I am eligible to vote.

But my son, reading over my shoulder, asks longingly, "Can I vote yet?" He often tells me who he would vote (and not vote) for and why, based on issues we discuss. He's passionate and he knows his stuff. He's nine.

Democracy is a government by the people. Does this mean you are only a person if you are over 18? There are children in Canada who would love to be heard and cast a ballot on Oct. 19. Some even know more about the election and the candidates than adults. But if you are under 18, your voice doesn't count. This should change.

No, I am not suggesting toddlers holding sippy cups mark their ballots on election day with bright chunky crayons. Let's take baby steps and start by lowering the voting age to 16.

In our home and native land, if you are 16 you can drive a car. Driving is a huge responsibility that requires patience, confidence, intel-

Some children know more about the election and candidates than adults.

ligence, skill, studying and preparation. Sixteen-year-olds get behind the wheel of 4,000 pounds of metal to drive on our city streets. We are next to them daily as pedestrians and drivers and we trust their judgments. Yet they can't decide who will be prime minister.

Know what else you can do at 16? You can work at a job for money and pay taxes to the government.

What? You mean these working kids are paying into the very institution they do not have a say in? Does that sound right to you? When I was 12, I worked at a library and paid taxes. But my voice didn't count for another six years.

By not listening, and not taking them seriously, adults in power are oppressing children. Children under 18 are told they must follow certain rules. They are told what to do, how to do it and when it should be done. The education system is a perfect example of this.

But children have a voice too, and you may be surprised at what they have to say. We as adults can be their allies and listen to them.

There are issues in this upcoming election that affect all citizens, not just those over 18. Perhaps it's time to consider what young people want, especially in matters that directly affect their lives. Then we will have a more democratic society.

Miriam Porter is a Toronto-based writer who covers travel, parenting and social justice. She tweets at @MiriamRiverP.

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PHILOSOPHER CAT
by Jason Logan

I HAVE NOTHING TO SAY AND I AM SAYING IT AND THAT IS POETRY





Freedom to be your own man

BOOKS

Father learns from son that expectations can do harm

Dean Lisk
Metro | Canada

It wasn't so much a wedge that drove Kevin Newman and his son, Alex, further apart. It was a basketball hoop. Set in concrete in the backyard of their New Jersey home, it became a permanent symbol of how alienated they had become in their relationship.

"To me, it was making sure that the annoying thing that happens with basketball hoops — that wobble — wasn't a problem," remembers the former Global News anchorman.

"But the cement became an allegory to Alex."

Misinterpretations are at the heart of *All Out*, a new book co-authored by the Newmans about their troubled father-son relationship and how they became closer because of their differences.

It chronicles the rise of Kevin's news career in Canada and the U.S. while trying to be one of those emotionally present '90s dads. It also tells the story of Alex, now a successful art director in Toronto, but who, as a teen, struggled in isolation with his sexuality while manoeuvring the bullies at school and the expectations of his father at home.

"Fathers and sons are extreme-



Kevin Newman and his son get along great today. LIZ BEDDALL/METRO

ly complicated, but they don't really open up about it," said Alex.

"Every relationship is a little bit different, but I think when people read the book they're going to put themselves in our shoes and allow themselves to understand the complexity of that relationship. Because, until now, we haven't come across

something that talks about the complexity of this."

It was their editor at Random House Canada, Kate Fillion, who suggested both men write their chapters in isolation to prevent them from influencing each other's memories.

She kept an eye on the storyline, making sure both their

recollections intersected, but it wasn't until the book was finished that Alex and Kevin read what the other had written.

"My parents were learning things. I was learning things. It was quite emotional," said Alex. He recorded on his phone the moment his parents first read his chapters.



Kevin describes it as a "stunned" moment, when he and his wife Cathy realized the degree of emotional suffering their son experienced. He was being bullied at school and felt isolated, without ever telling his parents. "There was stuff that happened that we had no idea about," he said.

The book is revealing in other ways. Both men are very much alike. Both grew up around strong female role models, having a preference for the arts instead of sports, and were teased at school for it. Both were also going through an identity crisis at exactly the same time.

The co-host of *Good Morning America*, Kevin was told he needed to seem more masculine, more likable. He was told his hair needed to be a certain way, his eyelashes were dyed so they would pop beneath his glasses and he was sent to a personal trainer.

He was billed as the "quarterback," tasked with leading the

team to first place in the morning news business.

"Network television news tries to push you into conformity and question who you are, and almost tries to create a plastic persona that is recognizable to focus groups, but runs the danger of being unrecognizable to yourself."

At home, the elder Newman was also placing pressure on his son to change his image — and perhaps become someone less a target for bullies. He bought him Sum 41, Dave Matthews Band and Creed CDs, took him on father-son bonding trips and installed that basketball net.

"You went through those struggles as a young person and tried to stop me from going through those same situations," Alex said to his dad. "At the same time, I was stubborn and wanted to alienate myself."

"He was always a puzzle to me," answered Kevin. "I would attempt these things as a kid and fall apart and beat myself up and hate myself that I wasn't who my father wanted me to be."

"That was not Alex's case. Alex was, 'No, I am fine not being this and back off.' It just turned out he knew himself better at his age than I did when I was his age."

The key to developing a strong and healthy father-son relationship, Kevin said, is to realize your son is also a man.

"When they reach the age of emotional vulnerability, stop trying to be their hero. I think if Alex had known me better — the whole me better — we might not have been through a period of testing for as long as it lasted."



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You're at a place called vertigo

MOVIES

Here's how to avoid nausea during films like *The Walk*

Eva Kis
Metro | New York



One of this month's best new movies is also making people sick. *The Walk*, about French daredevil Philippe Petit's high-wire crossing between the World Trade Center towers in 1974, is proving too intense for some moviegoers.

After a festival screening in New York, men were throwing up in the theatre's bathroom. Another patron, Percival Arguero-Mendoza, told the New York Post, "It felt very real. I felt a knot in my stomach. It's like my head was reeling but I was not dizzy."

There are several reasons that people could be getting sick.

Vertigo is a medical condition that describes a deficiency



People are reporting dizziness and nausea after watching scenes from Joseph Gordon-Levitt's new film *The Walk*. CONTRIBUTED

in the body's motion-sensing system that sends mixed or insufficient signals to the brain, causing dizziness and nausea.

The shots panning up the towers as well as looking down as Joseph Gordon-Levitt walks the wire can trigger the same

mismatch in what the eyes see but the body doesn't feel, as happens in motion sickness.

Fear of heights and falling can trigger similar symptoms as well; seeing the film in 3D adds another complication because the eyes' natural focal

point is tricked to create the visual effects.

Instead of skipping the movie, try these tips to cope with it:

• Like dancers who have to spin around, it helps to pick a

66

It felt very real. I felt a knot in my stomach

The *Walk* viewer
Percival Arguero-Mendoza

point and focus on it. If you're feeling dizzy, look away from the screen toward an exit sign or the back of another person's head.

• Pick a seat toward the middle or back of the theatre. Having the screen directly in front of you instead of looking up is more comfortable for your eyes.

• If you feel unwell, don't take off your 3D glasses. It'll just confuse your eyes further. Instead, close your eyes and focus on your breath to calm down.

• Get your eyes checked — vision problems like uneven eyesight and astigmatism can make you more likely to get headaches and feel sick during 3D movies.

BOOK BRIEFS

Giller Prize finalists revealed

The Scotiabank Giller Prize's decision to expand its jury to five members from the usual three was heralded on Monday after an "eclectic and vibrant" short list of five finalists emerged.

"It feels like the Giller has been becoming a little bit more staid and centre-field over the years, whereas this particular jury and this particular long list was really interesting," said Toronto author Andre Alexis, who made the short list for *Fifteen Dogs* (Coach House Books). Other finalists for the \$100,000 prize for fiction include Montreal's Heather O'Neill for the story collection *Daydreams of Angels* (HarperCollins Publishers Ltd.) and Vancouver-based Anakana Schofield for *Martin John* (A John Metcalf Book, an imprint of Biblioasis). The list is rounded out by Montreal's Samuel Archibald for the story collection *Arvida*, translated by Donald Winkler (Biblioasis), and London-based Rachel Cusk for *Outline* (Harper Perennial, an imprint of HarperCollins Publishers Ltd). THE CANADIAN PRESS

RESEARCH

Tall men have more sex

Men of average to tall stature have one to three times more sexual partners than smaller men, according to an American study that also found weight to be a factor.

Researchers at Chapman University in California studied whether or not height and body mass index played a role in the number of sexual partners men and women had during the course of their lives.

In a study of 60,058 heterosexual volunteers, of which 52 per cent were male and 48 per cent female and average age was 37, the researchers took into account criteria for height, education level, age and BMI as key indicators in the personal sexual history of each participant.

The results, published Sept. 30 in the journal of *Evolutionary Psychology*, indicated that participants aged 30 to 44 had, on average, eight partners since being sexually active. Of the participants, 58 per cent of men and 56 per cent of women indicated having had more than five whereas 29 per cent of men and 23 per cent of women indicated having more than 14 partners.

Shorter men reported a minimum of five sexual partners. In contrast, medium-height to tall men declared one to three times more partners than their



Shorter men have fewer sex partners than average height and tall men, according to a recent study. ISTOCK

shorter counterparts.

"These findings confirm that height is relevant on the mating market," said David Frederick, lead author on the study.

Despite this, the researcher

has no clear scientific explanation to explain the link, if not for the observation that women are often attracted to men who are relatively taller than they are.

AFF



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ISTOCK

WARNING SIGNS

Answer true or false on whether the following are signs of fitness addiction:

Body weight drops below what's considered healthy for fitness level.

True. Everyone's calorie baseline differs, but if you're not consuming enough or if you're over-exercising, your body starts to break down muscle.

Someone can't stop exercising, even after injury.

True. Whether it's a formal diagnosis or just a pulled muscle at home, continuing to exercise in the face of an injury isn't healthy.

Someone training heavily for an upcoming marathon or competition.

False. Experts say exercise addiction typically doesn't apply to people training for sporting events, like marathons or the Olympics.

Someone is skipping work or social events to exercise.

True. People with exercise addiction often put fitness above family, friends and their career — to the point of missing obligations.

Someone is being open and honest about their exercise plans.

False. The real red flag, according to experts, is when people are lying to family and friends about how much they're exercising.

TRUE OR FALSE?
Someone who can't stop exercising, even after being injured, may be addicted.

MENTAL HEALTH

Extreme workouts may signal bigger problems

Jenn Hicks was lying to her husband.

It would happen fairly often: Hicks would wake up in the middle of the night and tell Paul she couldn't sleep, that she needed to read for a while at an all-night coffee shop near the couple's home.

Then she'd slip away into the night.

But Hicks wasn't going to a coffee shop or having an affair. Instead, the Toronto speech-language pathologist was feeding her constant craving for exercise.

Running. Cycling. Weightlifting. Anything, Hicks says, to



Jenn Hicks at the height of her exercise addiction, and today, teaching Nia dance. CONTRIBUTED/ VINCE TALOTTA/TORSTAR NEWS SERVICE



satisfy her growing addiction.

"I would do it in the middle of the night," says Hicks, now 42. "Definitely before work, at lunch, after work, and it would be the entire evening."

Back in 2003, Hicks first developed an addiction to exercise — a compulsion that, while not a formal clinical diagnosis, is definitely recognized by members of the medical community. It can

happen on its own, or alongside an eating disorder or mental illness, experts say.

For Hicks, there was no clear trigger. She was 30 at the time and had been working in speech-language pathology for five years.

But she was dealing with anxiety, she says, and began exercising more often — which caused her to lose weight "magically."

"It was positive reinforcement

that I should just continue, until it got to the point where I wasn't thinking realistically," Hicks says.

Over the next few years, Hicks joined numerous sports teams and started dragonboating. She'd tell Paul she was doing laundry in the basement — and would be doing ab exercises instead. If friends wanted to get together, she'd insist on exercising with them. While pushing her 5'5" frame to its limits, Hicks also wasn't eating properly — she'd been diagnosed with anorexia in 2003 — and eventually dropped to less than 100 pounds.

Other health impacts started to creep up, too. Hicks' doctor sent her for echocardiograms — sonograms of her heart — because it wasn't functioning properly. At the same time, she recalls her electrolytes and liver enzymes being "out of whack."

Hicks resolved to get better. She'd been seeing her family doctor and a therapist the whole

time — and attending support groups at Sheena's Place, an eating disorders centre in Toronto — but says it was something she had to overcome on her own.

So, at the end of the year, Hicks sold her car and travelled to India. Paul came with her for four weeks, then she stayed for another month on her own — a much-needed escape.

When she returned to Toronto, Hicks was finally diagnosed with bipolar disorder. She also began training as a dance teacher in the Nia style, which focuses on sensing and respecting your body. At first, Hicks says it was a covert way for her to maintain her addiction in a seemingly healthy way.

"The universe had something else in store for me," she adds. "I guess I had to practise what I was preaching."

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Decisions lie ahead of Jays

MLB PLAYOFFS

Few roster spots appear unsettled for division series

Since late July the Toronto Blue Jays have shown they can dominate regular-season baseball, going 43-18 down the stretch.

With the post-season here, it's on the management and coaching staff to construct a 25-man roster that they hope can win three games out of five in their American League Division Series, then four out of seven the rest of the way.

At least 21 spots are accounted for among the starting rotation, bullpen, lineup and key contributors off the bench. Before Game 1 of the ALDS against the Texas Rangers, the Blue Jays have to finalize the last few and beyond that decide on their order of pitchers.

"We have the bulk of it set, just some areas, bench, the last few spots in the 'pen, things like that," general manager Alex Anthopoulos said Saturday in St. Petersburg, Fla. "Only 25 guys can come with us, or at least can be active, so you're going to have discussions."

Anthopoulos said the Blue Jays would likely go with a seven-man bullpen, which, with a four-man rotation, gives them 14 hitters. Assuming utility infielder Cliff Pennington makes it because of his versatility in the field and as a switch-hitter, that leaves two more spots.

Outfielder Ezequiel Carrera



Infielder Munenori Kawasaki is among the players who are on the bubble to make the Blue Jays' 25-man roster for their American League Division series against the Rangers. ROB CARR/GETTY IMAGES

appeared in 90 regular-season games and Anthopoulos said he could be used as a pinch-hitter or pinch-runner. He's a good bet along with outfielder Dalton Pompey, who like the Kansas City Royals' Jerome Dyson last season could be a speed specialist.

"We've got a guy like Dalton here who's done a good job with speed, trying to steal a base for us," Anthopoulos said.

Other long shots include infielder Munenori Kawasaki, who can also pinch-run, or even

power first baseman Matt Hague, who provides a right-handed bat.

In the bullpen, there are six locks: closer Roberto Osuna, right-handers Aaron Sanchez, LaTroy Hawkins, Mark Lowe and Liam Hendriks and left-hander Brett Cecil. The final job appears to be between righty Ryan Tepera and lefty Aaron Loup, though starter Drew Hutchison might have a chance as a long reliever.

Loup would give the Blue Jays a second lefty, which could be useful in certain situations late

in games. But Anthopoulos isn't concerned if Toronto goes in with just Cecil, partially because Loup has hit so many left-handed batters.

"We have guys like LaTroy Hawkins, who's been pretty good against left-handers as well," Anthopoulos said. "More so than right/left, it's who has had more success against what side. If we feel we have seven guys that are all right-handers, but (if) we feel they can get left-handers out, we'll go with that."

THE CANADIAN PRESS

+ ATTENDANCE

Strong draw at the dome, but poor on the road

The Blue Jays drew 2.79 million fans at the Rogers Centre this year, good for fourth in the AL and eighth in the majors, and averaged 34,504 fans a game. The Jays, however, along with the Royals were the worst road draws in the majors in 2015.

IN BRIEF

McDavid's training camp linemate sent to AHL

The Edmonton Oilers finalized their 23-man roster with a surprising move, assigning forward Leon Draisaitl to the AHL's Bakersfield Condors.

Draisaitl had a strong camp with Edmonton and spent time at right wing on a line with rookie phenom Connor McDavid.



Leon Draisaitl
GETTY IMAGES

The six-foot-one, 210-pound German was selected third overall by Edmonton in 2014.

He played in 37 games with the Oilers last season, scoring two goals and adding seven assists. He also had 53 points (19 goals, 34 assists) in 32 games with the Western Hockey League's Kelowna Rockets.

THE CANADIAN PRESS

Nationals fire Williams

Manager Matt Williams was fired by the Washington Nationals on Monday after a season in which the team went from World Series favourite to failing to make the playoffs.

The club announced the move a day after finishing the regular season barely above .500 at 83-79, second to the New York Mets in the NL East.

Williams is gone after only two seasons in his first job as a skipper in the majors. THE ASSOCIATED PRESS

Keuchel to start on short rest in wild-card game

For Dallas Keuchel, pitching on three days' rest for the Houston Astros in the American League wild-card game is just one more chance to prove a season's worth of doubters wrong.

"I play with a chip on my shoulder," Keuchel (20-8) said Monday at Yankee Stadium. "I think a lot of the guys do in there as well. And we'll always carry that."

The AL's only 20-game winner tossed 16 scoreless innings against the Yankees this season. He will duel New York's Masahiro Tanaka (12-7) in a winner-take-all playoff Tuesday night. THE ASSOCIATED PRESS

MMA

UFC tabs Canada for three more events in 2016



Quinton Jackson, right, trades blows with Fabio Maldonado during UFC 186 in Montreal on April 25.

GRAHAM HUGHES/THE CANADIAN PRESS

Canadian fight fans can expect three UFC shows north of the border next year.

Tom Wright, managing director for UFC operations in Canada, Australia and New Zealand, says while the 2016 Canada schedule is still being worked on, Toronto and Calgary are at the top of the list with another visit to Atlantic Canada possible.

"We're looking at three events in Canada and two in Australia and New Zealand," said Wright.

The UFC, in trying to sort out the schedule, is looking at both

19

The number of shows the UFC has held in Canada.

old and new Canadian venues.

"We're looking at potentially going back to the East Coast but maybe to a different city than Halifax although we could go back to Halifax," Wright added.

The Canadian schedule could feature one pay-per-view and two televised Fight Night cards.

The UFC planned three to five shows in Canada this year. Only two came to fruition — UFC 186 in Montreal in April and a televised card in Saskatoon in August.

In 2014, the UFC announced a five-city schedule for Canada with pay-per-view shows in Toronto, Montreal and Vancouver and Fight Night cards in Halifax and Quebec City. UFC 178 was shifted to Las Vegas from Toronto and the Montreal card was cancelled, cutting the Canadian shows to three.

THE CANADIAN PRESS

5

Still waitin' for clutch Clayton

Clayton Kershaw has been the game's best pitcher in recent regular seasons, but has struggled mightily thereafter.

The Dodgers ace is 1-5 with a 5.12 ERA in 11 career playoff appearances (three in relief). The three-time Cy Young winner faces the Mets in the NL Division Series, a team against whom he posted an 0.56 ERA in two starts this season.



Clayton Kershaw
GETTY IMAGES

MLB PLAYOFF PLOT LINES TO WATCH

Big stars, familiar faces and top rookies fill the rosters of the 10 teams that reached the post-season. Here are some of the themes for October and beyond:



2 Another shot for the North Side

Could this be the year the century-plus title drought ends on the North Side of Chicago? The Cubs last won the World Series in 1908 and they haven't reached the World Series since 1945, two years before baseball's championship was televised for the first time. But with Kris Bryant and Jake Arrieta, hopes are high at Wrigley Field.

4 New faces of fall

Jose Bautista is a home run champ, Jose Altuve is a hit machine and Jake Arrieta is the top winner in the majors. They'll put something else on their resumes this week — their first post-season appearances.

Altuve and Astros rookie teammate Carlos Correa, Arrieta and Cubs sluggers Anthony Rizzo and Kris Bryant, young Mets aces Matt Harvey, Jacob deGrom and Noah Syndergaard, Yankees star Masahiro Tanaka and Dodgers newcomer Corey Seager are set to make their playoff debuts.

Jose Altuve
GETTY IMAGES

5 Tale of two A-Rods

Written off by many during his one-season drug suspension, Alex Rodriguez returned this year and carried the Yankees early. He hit .250 with 33 homers and 86 RBIs as New York's DH. He reached 3,000 hits and settled a dispute with the team over a multimillion payment. But around the time he turned 40, he tailed off badly hitting .216 after the All-Star break and driving in just three runs in his final 18 games. **The Associated Press**



Alex Rodriguez
GETTY IMAGES

YANKEES

Sabathia checks into rehab

Yankees pitcher CC Sabathia is checking into an alcohol rehabilitation centre and will miss the post-season.

The team issued a statement from the pitcher Monday, a day

before New York plays Houston in the AL wild-card game. Sabathia, the 2007 AL Young Award winner, said he took the step to receive the care he needs and become the kind of person

"I can be proud of."

"It hurts me deeply to do this now, but I owe it to myself and to my family to get myself right," Sabathia said.

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NFL

New Dolphins coach Campbell wants team to show more aggression

New Miami Dolphins coach Dan Campbell believes his underachieving team needs to show more aggressiveness that stops just short of dirty play, and he looks forward to breaking up a few fights in practice.

Joe Philbin he's not — which was the motive for the Dolphins' coaching change Monday. Owner Stephen Ross fired Philbin four games into his fourth season, and one day after a flop on an international stage helped seal his fate.

Tight ends coach Campbell was promoted to interim coach. His only coaching experience is with the Dolphins, who hired him as an intern in 2010, but the former NFL tight end was poised as well as passionate during a 25-minute introductory news conference.

"I'm not here just to finish the season up," Campbell said. "That's not my plan. We're coming here to win games. It's still early. We have time to turn everything around. But we can't wait."

THE ASSOCIATED PRESS



This is not the first ban for San Jose's Raffi Torres
GETTY IMAGES

NHL

Torres gets 41-game ban for head shots

The NHL handed out one of its longest suspensions for on-ice conduct in league history by banning San Jose Sharks forward Raffi Torres 41 games for an illegal hit to the head of Anaheim Ducks forward Jakob Silfverberg.

Torres is one of the worst head-shot offenders in recent years, since the Department of Player Safety began cracking down on them. It's the fifth suspension for Torres. He has also been fined three times and warned twice in 703 games, according to director of player safety Patrick Burke, who narrated the suspension video.

Torres had already been suspended for hits to the head of Jordan Eberle (April 2011), Nate Prosser (December 2011), Mar-

ian Hossa (April 2012) and Jarret Stoll (2013).

Silfverberg was his latest victim when Torres lined up the Swede during Saturday night's pre-season game and drove his left shoulder upwards into his head. Silfverberg left for precautionary reasons but was considered OK. Torres was almost a full second late on the hit after Silfverberg was stripped of the puck. He will forfeit \$440K US in salary as a result of the ban.

This suspension is 11 games longer than the one given to Chris Simon in 2007 for stomping on the ankle of Jarkko Ruutu. Torres's previous high was 25 games for the hit on Hossa in the 2012 playoffs.

THE CANADIAN PRESS

RECIPE Salmon Parcels



PHOTO: MAMA VISENTE

Ceri Marsh & Laura Keogh
For Metro Canada



Dinner's all wrapped up with these healthy fish and veggie parcels.

Ready in
Prep time: 25 minutes
Serves 2

Ingredients

- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, white part cut into matchsticks, green part cut into ribbons
- 2 salmon filets
- Parchment paper

Directions

1. Preheat oven to 400 degrees.
2. Whisk together the sauce of

oil, vinegar, soy sauce and minced ginger. Toss your veggies in the sauce.

3. Cut your parchment into two 12-inch by 18-inch squares. Cut the largest heart shapes you can within the squares. Fold it in half down the middle and make a crease.

4. Working on your bake sheet, place the parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Now fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your other parchment heart.

5. Bake in the oven for 15 minutes. Remove and slip the parcels right onto a plate and slice open with scissors. Careful! Steam will come out fast so make a small cut first to allow a bit to escape before cutting more.

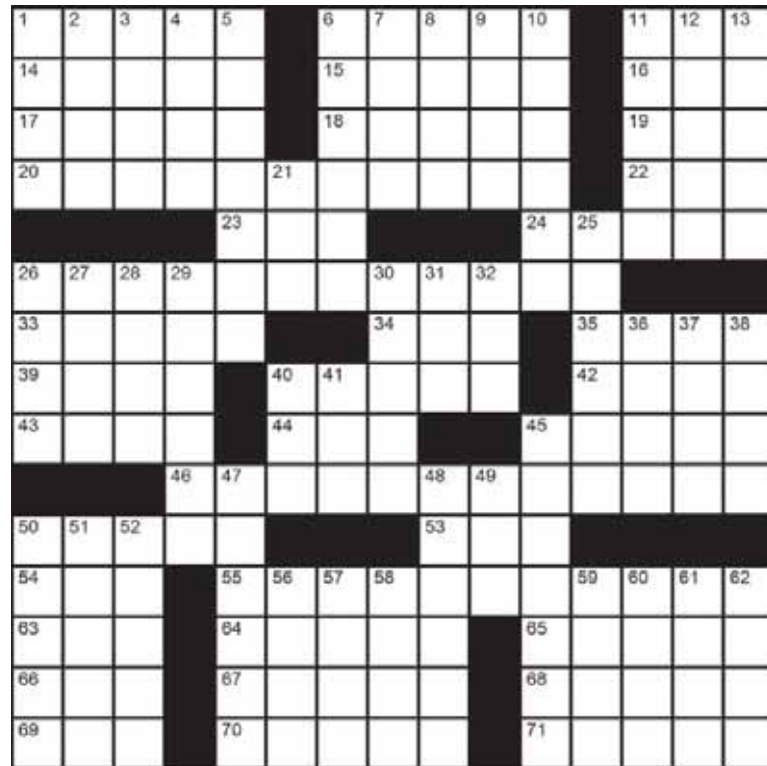
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ACROSS

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6. Makes spiffy
11. 'Ideal' suffix
14. __ of Troy
15. Mann or Osbourne
16. Schuss
17. Lyre-playing Muse
18. Symbols
19. Perfect rating
20. Tied tie type named for British royalty: 2 wds.
22. Tell a tale
23. Old French coin
24. Make corrections
26. Bountiful symbol especially at Thanksgiving: 3 wds.
33. S-shaped mouldings
34. "It's __" (Greenlight giver's verdict)
35. Beseeched
39. Stick in one's __ (Ramble)
40. Was wearing: 2 wds.
42. __-Seltzer
43. Military cap
44. __-defined
45. MC Hammer hit: " __ Touch This"
46. Old fashioned looking door unlockers: 2 wds.
50. Leading letter
53. 1914 to 1918
54. Caustic stuff
55. 1992 Neil Young album: 2 wds.
63. __-pedestal



64. "What's the __ __ trying?" (Why bother?)
65. "I was __ man in Paris..." - Joni Mitchell
66. U.S. broadcasting watchdog
67. Engage in hen-pecking: 2 wds.

68. Ms. O'Donnell
69. Tea: French
70. Capably [abbr.]
71. Whimsical-funny

DOWN

1. Ed Sullivan's pronunciation of the 'really big' one he hosted

2. Ms. Gilpin
3. Mr. Alda
4. Taken back [abbr.]
5. Minoan civilization's ancient city
6. Get into groups of two: 2 wds.
7. Humphrey's role in "Casablanca"

- (1942)
8. Bit of "Burning Up" by Madonna: "...cause __ fire..."
9. Rock Hudson/Doris Day movie, "Send __ Flowers" (1964)
10. Group of six
11. Basket fibre
12. Coil of yarn
13. Extracted the ore
21. Punched cartoon character's reaction!
25. Canadian show, "Wind at __"
26. Farm animal joint
27. Fiend
28. Gather the crops
29. Sort of recent
30. Gravy boat accessory
31. Self-importance
32. Rimouski refusal
36. Wings, to Nero
37. Lettered fashion label
38. Gobbles the Tofurky
40. "Giddy up!"
41. Totally
45. Cancer's rehearsal outfit
47. Big __ (Very important person)
48. Canadian bank note with Queen Elizabeth's image
49. Cringer's cries!
50. Airborne
51. Movies: David or Kelly
52. Harmony
56. CEO's "Quick!"
57. Mil. unit
58. Test tube's pal
59. "Dial __ Murder" (1954)
60. "... __ it seems." (It appears that way)
61. Trompe l'__ (Visual illusion)
62. American portrait artist, Alice __ (b.1900 - d.1984)

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship issue needs dealing with right now. If you leave it even one more day you will find that the window of opportunity will shut for good. If the relationship means anything to you then save it!

Taurus April 21 - May 21
You don't care if what you say offends other people, in fact you like it. Choose your words for maximum impact today — it is the price they pay for avoiding the truth for so long.

Gemini May 22 - June 21
Don't worry about money matters today because there is nothing you can do about them. Instead, visualize your perfect situation. What you imagine today will happen tomorrow.

Cancer June 22 - July 23
There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

Leo July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

Virgo Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

Libra Sept. 24 - Oct. 23
Don't go too far today because your efforts to make a name for yourself could cause problems. You don't have to keep a low profile but you do have to do everything by the book.

Scorpio Oct. 24 - Nov. 22
You will be able to predict what others are going to do before they know it themselves. You can and you must make use of that ability.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be a bit low at the moment but that does not mean you should withdraw from the world. On the contrary, you need to get yourself back into the fray and show those who doubt you that you never give in.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone promises you something for nothing today. The planets warn that their generosity is not all it seems. You will be expected to do something for them in return — and it could cost you.

Aquarius Jan. 21 - Feb. 19
The harder you work the more there seems still to be done. Slow down a bit. Whatever deadlines you are working under are unnecessary and should be ignored.

Pisces Feb. 20 - March 20
Don't worry too much about the details of what you are doing. Commit yourself to it and have confidence that it will come right in the end. Just don't lose sight of the big picture.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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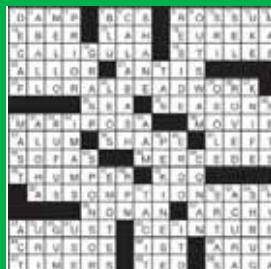
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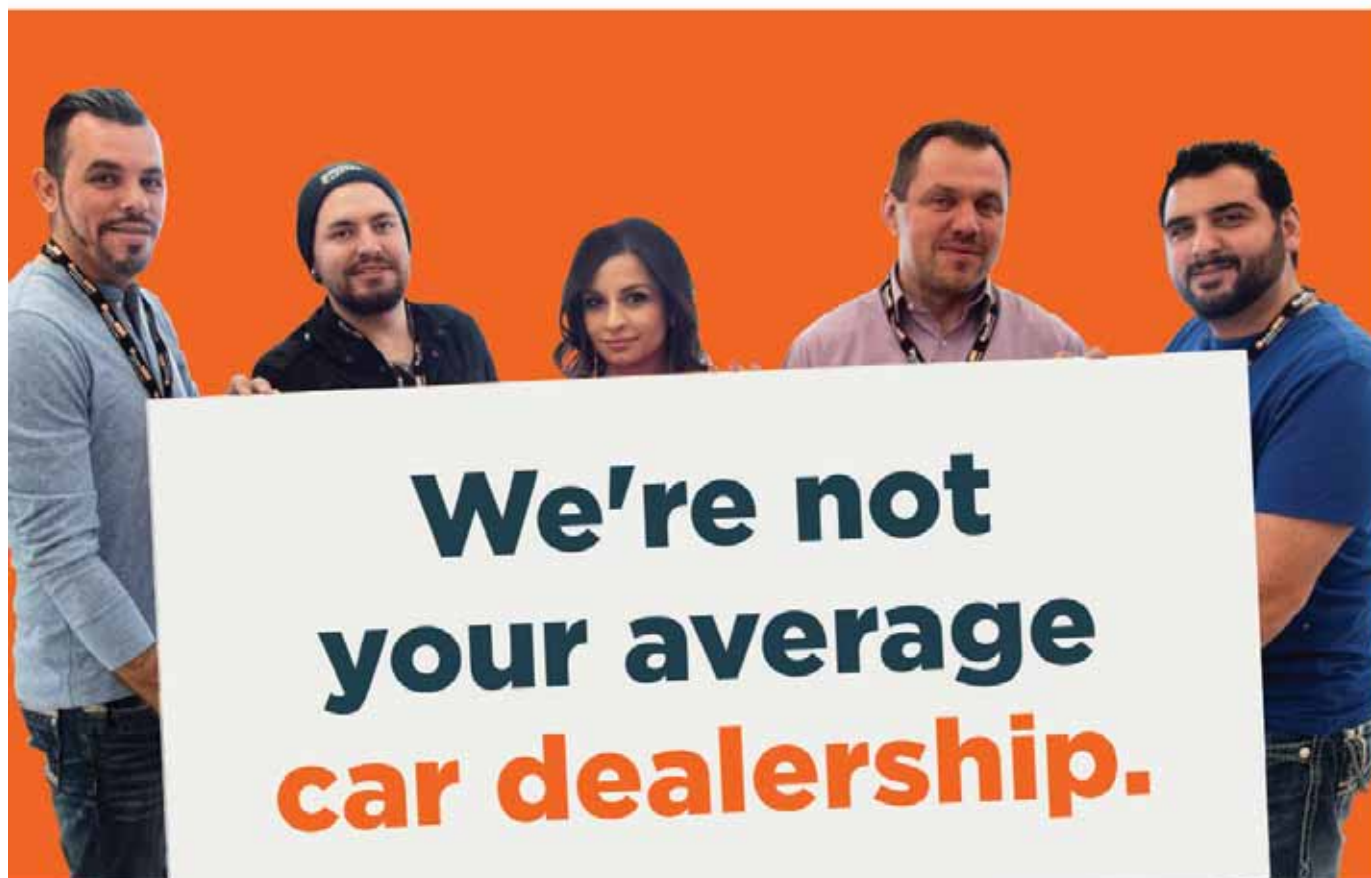
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